

**September is Prostate Cancer Awareness Month and
September 14-20 is Prostate Cancer Awareness Week**

- Each year in New Jersey, roughly 7,000 men are diagnosed with prostate cancer and nearly 1,000 die from this disease.
- Prostate cancer is the most frequently diagnosed cancer among men in New Jersey and the United States, and the second leading cause of cancer deaths among men.
- In 2003, the age-adjusted prostate cancer incidence rate per 100,000 standard population was 175.2 for men of all races, 158.3 for white men and 267.8 for black men. This represents a substantial drop in the prostate cancer incidence rate as compared to 2002 when it was 215.1, 202.9 and 280.8 per 100,000 population, respectively.

- Prostate cancer incidence rates are approximately 50% higher in black men than in white men.

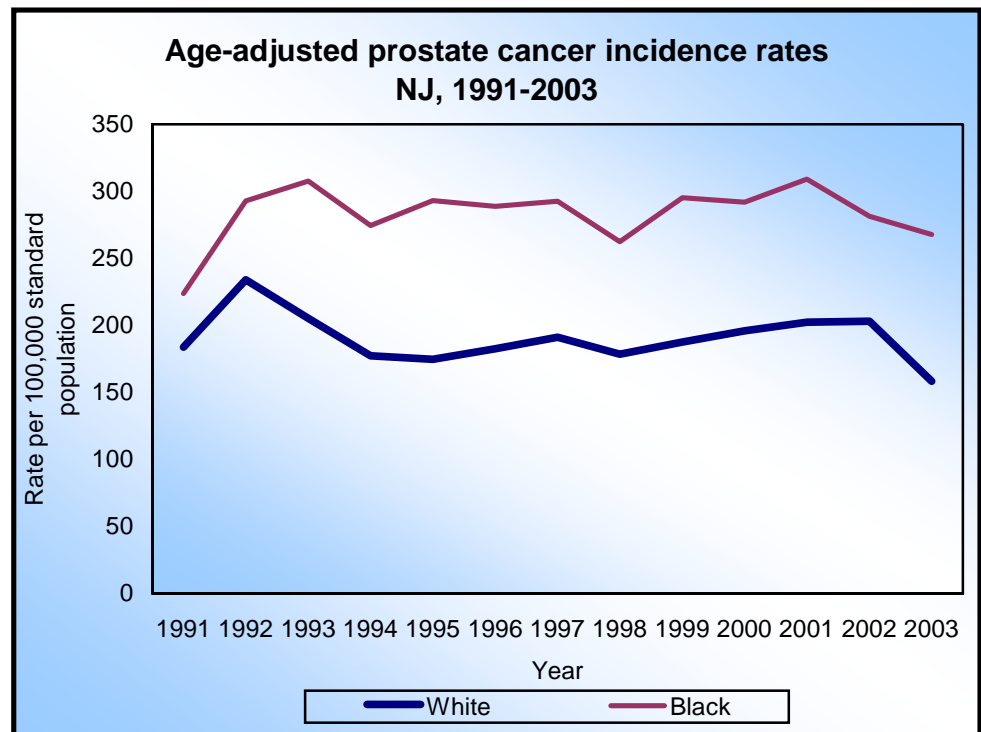
- The increase in prostate cancer incidence rates, starting in the late 1980s and peaking in the early 1990s, can be attributed to the increased use of the prostate-specific antigen (PSA) blood test to detect this cancer.

- In 2003, the age-adjusted prostate cancer mortality rate was 27.2 per 100,000 standard population in New Jersey.

- In 2002, the age-adjusted prostate cancer mortality rate among blacks was nearly 2½ times the white rate: 24.9 per 100,000 population for whites and 62.0 for blacks.

- Known risk factors for prostate cancer include age, black race, nationality, and family history. Other possible risk factors include a diet high in animal fat, physical inactivity, obesity, and hormonal factors. Exercise and a healthy diet that is low in fat and high in fruits and vegetables, vitamin E and selenium may lower the risk of prostate cancer.

- Screening tests for prostate cancer include digital rectal exam (DRE), PSA blood test, and transrectal ultrasound. During 2001-2004, 74.5% of New Jersey males over the age of 40 had a digital rectal exam (DRE) and 61.7% of New Jersey males ages 40 and over ever had a PSA test.



- Guidelines for screening are controversial due to lack of evidence that early detection and aggressive treatment reduces mortality. Therefore, it is important that men discuss the subject with their health care providers. The strictest guidelines are from the American Cancer Society, which recommends that all men over the age of 50 who have at least a 10-year life expectancy, African American men over the age of 45, and men over 45 with a family history of the disease be offered a DRE and PSA test annually.
- Treatment for prostate cancer may include surgery, chemotherapy, radiation therapy, and/or hormone therapy. However, careful observation without immediate active treatment may be appropriate.

For more information about prostate cancer from the New Jersey Department of Health and Senior Services:

www.state.nj.us/health/cancer

For more information about Prostate Cancer Awareness Month: www.pcacoalition.org

For more information about Prostate Cancer Awareness Week: www.cancer.org

Sources:

New Jersey Department of Health and Senior Services, Office of Cancer Prevention and Control:

[Prostate Cancer fact sheet](#)

[Comprehensive Cancer Control Plan](#)

New Jersey Department of Health and Senior Services, Cancer Epidemiology Services:

[NJ State Cancer Registry](#), unpublished 1991- 2003 incidence data

New Jersey Department of Health and Senior Services, [Center for Health Statistics](#):

New Jersey 1991-2000 Death Certificate Data Files, unpublished data

[New Jersey Behavioral Risk Factor Survey](#), 2001-2002, unpublished data

New Jersey Department of Health and Senior Services, Division of Family Health Services, Cancer Education and Early Detection Services:

[Recommendation Regarding Screening For Prostate Health](#)

American Cancer Society:

[Overview: Prostate Cancer](#)

[Cancer Facts And Figures 2006](#)

[National Prostate Cancer Coalition](#)



Jon S. Corzine, Governor

Fred M. Jacobs, MD, JD, Commissioner

New Jersey Department of Health and Senior Services
Center for Health Statistics
P.O. Box 360
Trenton, NJ 08625-0360